



## HSR&D IIR “Implementing Evidence in the Detection and Treatment of Post-Stroke Depression”

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### Introduction

This 3-year project is being conducted at the Indianapolis VAMC and the North Florida/South Georgia Veterans Health System, Gainesville Division to improve the quality of depression care provided to veterans with stroke. The goal of this project is to partner with VA clinicians and managers involved in the outpatient care of veterans with recent stroke to improve the detection and treatment of post-stroke depression.

### Program Goal

The primary goal of the study is to extend the use of the current Computerized Patient Record System (CPRS) based depression screener in VA primary care clinics to target veteran stroke survivors following-up in VA Primary Care or in VA Neurology clinics within 6 months of stroke.

The QUERI team members at each site will identify colleagues from these clinics and other related clinical areas who are interested in working together and having their input into how veterans with stroke will be screened and treated for

depression after stroke at their facility. The teams will develop a strategy to identify these recent stroke survivors at the time of outpatient follow-up in either PC or Neurology clinics and to prompt screening using the existing CPRS-based depression screener.

The teams will also develop a strategy for fostering effective treatment of veterans with post-stroke depression. Ongoing use of the depression screener and trends in treatment of veterans with PSD will be discussed among the teams quarterly to identify what aspects of the plan are working and what we need to improve to reach our goals.

### Secondary Aims

A secondary aim of this project is

to evaluate whether a patient-based, stroke self-management intervention provides additional benefit beyond modifying the system to improve depression detection and treatment. This aim of the project will be focused on the veteran rather than the system of care, and aims to improve depression symptoms after stroke.

All veteran stroke survivors from both Indianapolis and Gainesville will be eligible to be randomized to this intervention versus usual care. The intervention will consist of face-to-face and telephone sessions designed to help them set goals, improve their understanding of depression symptoms and post-stroke recovery, and decrease their fears.

### The Stroke QUERI Executive Committee

A QUERI Executive Committee was established for each QUERI condition. These Committees develop the strategic plans that address current issues in the health care system that are related to their specific condition. The Stroke QUERI's Executive Committee includes experts in both the field of stroke and implementation science. The member ship of the Stroke QUERI Executive Committee is: **David Matchar, MD (Chair)**; Bradley Doebbeling, MD, MSc; Thomas Kent, MD; Sarah Krein, Ph.D., R.N.; Brian Mittman, PhD; Lynnette Nilan, RN, EdD; Eugene Oddone, MD; Robert Ruff, MD; Marita Titler, PhD, RN, FAAN; Ellen Magnis, MBA; Barbara Sigford, MD; Don and Jan Prether.

## Quality Enhancement Research Initiative

QUERI currently focuses on nine conditions that are prevalent and high-risk among veteran patients: Chronic Heart Failure, Colorectal Cancer, Diabetes, HIV/AIDS, Ischemic Heart Disease, Mental Health, Polytrauma, Spinal Cord Injury, Stroke, and Substance Abuse.

## The QUERI Process

The QUERI process includes six steps:

1. identify high-risk/high volume diseases or problems;
2. identify best practices;
3. define existing practice patterns and outcomes across VA and current variation from best practices;
4. identify and implement interventions to promote best practices;
5. document that best practices improve outcomes; and
6. document that outcomes are associated with improved health-related quality of life and systems improvements.



For information about this project, contact:

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## Web Resources

For more information about the  
*Stroke QUERI Center*, visit their website at  
<http://www.va.gov/stroke-queri/>

For more information about the QUERI program in general,  
visit the national *QUERI website* at  
[www.hsr.d.research.va.gov/research/queri](http://www.hsr.d.research.va.gov/research/queri)

To access QUERI's "Guide for Implementing Evidence-Based  
Clinical Practice and Conducting Implementation Research":  
<http://www.hsr.d.research.va.gov/queri/implementation/>

